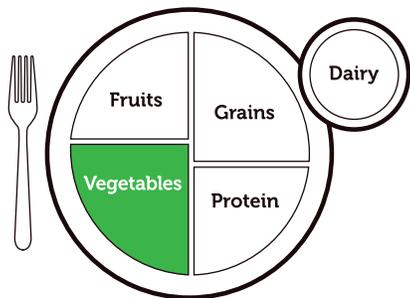




# TOMATO

## WHAT IS IT?

One of America's most popular garden veggies, the tomato comes in hundreds of varieties. Enjoy fresh in the summer and canned year-round.

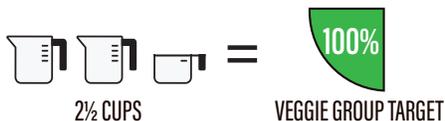


## VARY YOUR VEGGIES

Aim to make half your plate fruits and vegetables. Tomatoes are a nutritious addition to help you get there.

## HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. By eating 1 large tomato, you're almost halfway there!



## FUN FACTS & TIPS



Though tomatoes are botanically a fruit, the Supreme Court ruled them a vegetable in 1893.



Add slices of tomato to your sandwich as an easy way to work toward your Vegetable Group target.



Tomatoes are versatile! Mix them with melon for a fresh summer salad.



For more information go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
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